

What Is Claimed Is:

1. An oval-tracked exercise apparatus for simulating hand-movement comprising:

a) a rotary body disposed at the rear end of the oval-tracked exercise apparatus;

5 b) two treadle bars with their rear ends joined to the side of the rotary body;

c) two rocker arms pivotally connected to the front end of the treadle bars;

d) a connecting mechanism having a positioning rod connected with a first and second connecting rod by a first and second pivot, respectively, such that the first and second connecting rod are movable with the rotation of the rotary body
10 for creating an offset cyclic motion in an oval track, the second connecting rod being joined to the rocker arm by a third pivot such that the treadle bar imparts motion to the rocker arm in a cyclic oval track;

whereby the use of the oval-tracked exercise apparatus simulates the movement of the hands and the feet during the session of walking exercise.

15 2. The oval-tracked exercise apparatus of claim 1 further comprising an adjusting mechanism in either manual or electrically-operated modes to adjust the positioning rod of the connecting mechanism at a desired angle for simulating a walking exercise on an uphill road or on a downhill road.